

H A R E W O O D



Seasonal Simple Side Dishes By David Lascelles

Carrot & Parsnip with Honey & Sesame Seeds

Carrots
Parsnips (allow one of each per person)
Butter
Olive Oil
Honey (runny)
Sesame seeds

Chop the carrots and parsnips into thin julienne strips thin as you have patience for, but no thicker than your little finger. Sweat gently in the butter and olive oil in a large heavy pan, carrots first as they take longer to cook than parsnips.

When soft, sprinkle generously with sesame seeds and toss so the sesame seeds brown a little. Then, add a tablespoon of runny honey and mix it gently. Turn the heat up for a few moments to just brown the vegetables and serve.

Turkish Leeks

Leeks
Butter
Demerara sugar
Lemon juice

Chop the leeks into roundels and sweat in the butter in a heavy bottomed pan with the lid on until soft or even browning slightly. Remove the lid, add the lemon juice and sugar and turn the heat up to evaporate off some of the liquid and turn the leeks slightly brown.

Can be served hot or kept and eaten cold.